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(54) Title: ESSENTIAL OIL COMPOSITION		
(57) Abstract The application relates to new medicinal and cosmetic compositions comprising essential oils in combination with herbs and/or spices. The compositions may be used orally or topically.		

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ESSENTIAL OIL COMPOSITION

The invention relates to medicinal and cosmetic compositions comprising an essential oil in combination with at least one spice and/or at least one herb. Such compositions may be taken orally or may be absorbed through the skin.

Essential oils have been used for thousands of years in aromatherapy. The ancient Chinese are generally acknowledged as the founders of aromatherapy, but it is more than likely that quite early in the history of civilisation man had realised that certain aromatic plants could help restore his health. Aromatic substances were also used by the ancient Egyptians and Ancient Greeks as medicinal perfumes.

In the 10th century the Arabs were extracting essential oils from aromatic plants and using them medicinally. The Knights of the Crusades brought aromatic essences and waters back to Europe from the Middle East and they became so popular that perfume began to be manufactured and was well established by the end of the 12th century. The importance of aromatic plants for other purposes was realised early. When the bubonic plague reached England around the middle of the 14th century, fires were ordered in the streets at night, burning aromatic

frankincense and pine; indoors, incense and perfumed candles were burnt to combat infection and disguise the stench of death; pomanders made from aromatic gums and resins were worn on ribbons round the neck to protect the wearers from the dreaded Black Death.

By the turn of the 18th century essential oils were widely used in medicinal preparations and Salmon's dispensary of 1896 contains recipes for numerous aromatic remedies. In the 19th century, essential oils were subjected to more scientific investigation, and it was discovered that some of them could be synthesised from other materials. As it is always quicker and cheaper to produce the laboratory versions than natural plant extracts, true essential oils began to fall from favour. Today, many of our medicines and perfumes contain so-called essential oils, though often they are mere imitations; while synthetics may smell like the real thing, they do not possess the same therapeutic properties.

Essential Oils

Essential oils are highly scented droplets found in minute quantities in the flowers, stems, leaves, roots and barks of aromatic plants. They are not true oils in the manner of lubricant vegetable oils, but highly fluid

and exceptionally volatile.

Essential oils are complex mixtures of different organic molecules - terpenes, alcohols, esters, aldehydes, ketones and phenols. Synthetic oils are usually made from one or more of the constituents predominant within a particular essential oil; menthol, for example, often substitutes for mint and eucalyptol for eucalyptus. However, there are sound reasons for believing that it is the interaction between each and every component that gives an essential oil its particular character and unique therapeutic properties.

The chemical composition of an oil is related to the time of day, the month or the season. Jasmine develops a strongly scented indole molecule at midnight when it is particularly intoxicating, and it is important to gather the petals at exactly the right moment. There are good years and bad years for essential oils as there are with wines. Some commercial producers have discovered that they can improve the quality of a poor yield by adding certain components and that an expensive oil like rosemary can be adulterated, without altering its aroma, by adding 30-40% of camphor which is considerably cheaper for the perfume industry. Such adulteration may be commercially

acceptable but it might well alter the therapeutic properties of the oil.

It is important to try to ensure that essential oils come from reputable sources and are as pure as possible.

Experts recognise an essential oil by its aroma and check its composition by a process called Gas Liquid Chromatography. Colour can also be an indicator; eucalyptus is colourless, chamomile varies from white to blue and others, like basil and sandalwood (both light greenish-yellow), are in pastel shades. Yet others are richly pigmented, like jasmine, a deep reddish-brown, patchouli, brown, and rose, orange-red.

Extraction of the Oils

Essential oils may be extracted from plants in a number of ways. One of the oldest methods is distillation, practised in ancient Persia, Turkey and India thousands of years ago. The Egyptians were preparing essence of cedarwoods for embalming and other purposes around 2000BC; the wood was heated in a clay vessel covered by a screen of woollen fibres through which the steam had to pass. The essence was obtained by squeezing out the impregnated wool.

The Arabs are credited with having popularised distillation in the late 10th century. They began with extract of rose petals then experimented with other aromatic materials. Today, distillation remains the most commonly used means of extracting essential oils.

Other methods include *enfleurage*, often used for delicate petals like jasmine and tuberose; maceration, for tougher flowers and leaves, roots and bark; solvent extraction, the preferred method for gums and resins like myrrh and galbanum; and hand expression, chiefly employed for squeezing the highly aromatic oils from thick-skinned citrus fruit like oranges, tangerines and lemons.

The Properties and Uses of Essential Oils

Essential oils possess numerous properties which make them useful for treating many of our most common health and beauty troubles.

Professor Paolo Rovesti, Director of the Instituto Derivati Vegetali in Milan, has studied the effect of essential oils on the psyche and found that they can be useful in the treatment of anxiety and depression. He recommends ylang-ylang, citrus oils, jasmine, basil, patchouli and

peppermint for treating general depression, geranium, lavender and bergamot for treating fear and anxiety, and peppermint, rose and carnation for improving concentration and eliminating lethargy.

Sprayed into the air, these oils also have immediate and long-lasting effects.

The reasons for these reactions are as yet unclear, but it is known that odour molecules are perceived by thousands of tiny nerve cells in the nose and that each of these nerves is connected to that part of the brain which is concerned with emotional drives, creativity and sexual behaviour. This could explain why certain perfumes make us feel happy, why some essences, like jasmine and rose, have a reputation for being aphrodisiac and why unpleasant smells, like petrol fumes, can induce depression. While pure essential oils appear to have a positive influence on the psyche, it is doubtful that synthetic ones work in the same way.

Spices are conventionally used as flavourings in, for example, Indian or Thai dishes. Spices are usually the dried, aromatic parts of plants, generally the seeds, berries, roots, pods and sometimes leaves and flesh, which mainly, but not invariably, grow in hot countries.

The medicinal uses of spices in the past were often indistinguishable from their culinary uses, particularly so in mediaeval times, when apothecaries prescribed herbs and spices not merely for digestive problems, but for all types of ailments. Hot spices, such as pepper, were regarded as an appetite stimulant and a digestive aid; asafoetida, now known only in Indian cookery, was used by the Romans as a healing ointment, an antidote for snake bites, and a cure for gout, cramps, pleurisy, and tetanus; spiced salts were made with ginger, pepper, cumin, thyme and celery seed which were good for the digestion, promoting regularity and preventing all sorts of illnesses, plagues and chills; and citron seeds were given to pregnant women to relieve nausea. Roman and mediaeval writers also believed the fennel helped to promote and restore good vision and it was at one time a cure for obesity.

Chinese herbal medicine has been known in China for several thousands of years. Only recently, however, has it become recognised in the West that Chinese herbs may be used to treat medical conditions.

The inventors have unexpectedly found that it is possible to combine

essential oils with naturally occurring spices and/or herbs to produce medicinal compositions which may be taken orally or which may be directly absorbed through the skin. Compositions of the invention may be used to treat a surprising range of illnesses.

Such compositions are especially important with the move by many members of the public towards more "natural" treatments, which do not use artificial medicines.

Accordingly a first aspect of the invention provides a medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or herb. Preferably the spice is an "Indian spice" as defined herein. The herb is preferably a "Chinese herb" as defined herein.

Preferably the composition comprises an Aloe vera extract. This is the preferred delivery vehicle for the essential oil and spice and/or herb. It is preferred since it is readily accepted by the body and has not been found to produce allergic reactions or side effects. Preferably the extract is concentrated.

The composition may comprise a honey product such as royal jelly or bee propolis. Royal jelly and bee propolis have been used for many years to treat a wide range of conditions and as nutrient supplements.

Indian brandee may also be incorporated with the composition. Indian brandee has been used for many years as to relieve flatulence and colic. Its main ingredients are rhubarb tincture, capiscum tincture, ethanol, cochineal and methyl hydroxybenzoate.

The composition may also comprise one or more flavourings, such as blackcurrant concentrate, vitamins, amino acids and minerals. Examples of vitamins include Vitamin C and Vitamins E and D, which may be in the form of alpha-tocopherol. Inositol, pepsin, selenium methionine, soya isolate, trace mineral clay, whey protein, zinc amino acid chelate and individual amino acids such as lysine may be used. Enzymes, such as plant extracts comprising enzymes may also be incorporated.

The essential oils, spices, herbs and vitamins and amino acids preferably used within the invention are shown in Tables 1 to 4.

Preferably the compositions comprise one or more essential oils selected from:

- (a) bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagetes and ylang ylang.

The compositions may comprise one or more Chinese herbs selected from:

- (b) acacia catechu, acanthopanax gracilistylus, caesalpinia sappan and epimedium spinosa.

Preferably the compositions comprise one or more spices selected from:

- (c) asapoetidia, coconut, coriander, fenugreek and horseradish.

Preferably the composition comprises all of the oils, herbs and spices from lists (a), (b) and (c). This combination has been found to especially improve the effectiveness of the compositions.

Compositions of the invention may be used in combination with alternative methods of treatment such as aromatherapy, Bach flowers therapy, reflexology, acupuncture and/or the Alexander technique, all of which are known in the art.

The invention may be used orally or topically. Accordingly the invention preferably provides tablets or capsules comprising the compositions of the invention for oral administration.

Compositions for topical administration comprising the compositions according to the invention are also provided.

The invention further provides the use of a medicinal composition according to the invention for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.

The use of cosmetic formulations according to the invention are also provided for skin care and/or weight management.

aromatherapy and/or reflexology and/or physiotherapy to produce enhanced results.

Essential oils are typically extracted by steam distillation, expression (hard pressing) or maceration, as indicated in Table 1. Such techniques are well known in the art.

Spices are preferably selected from Table 2.

CHINESE HERBS

Herbs and Their Properties

In China the herbs used are gathered from the wild by hand. The best ones grow far from human habitation, and the herbalists who gather them will also be botanists, explorers, climbers and environmentalists. They need to be able to identify the relevant herb in all stages of its development, know where the finest ones grow, be able to get to the plants even when they grow in highly inaccessible places, know how much they can take without threatening a particular species, and always be on

TABLE I

ESSENTIAL OILS

Aniseed	Pine
Basil	Red Myrtle
Benzoin	Rescue Remedy
Bergamot	Rose Geranium
Black Pepper	Rosemary
Camphor	Sandalwood
Carrot	Spanish Marjoram
Cedarwood	Sweet Marjoram
Chamomile German	Sweet Thyme
Chamomile Maroc	Tagestes
Chamomile Roman	Tea Tree
Cinnamon Leaf	Thyme Red
Clove Buds	Thyme Sweet
Cypress	Ylang Ylang
Dill	
Eucalyptus Globulus	
Fatigue	
Fennel	
Frankincense	
Ginger	
Grand Fir	
Grapefruit	
Grapeseed	
Hazel	
Hyssop	
Jojoba	
Juniper	
Juniper Berry	
Lavender	
Lemon	
Lemon Grass	
Melissa	
Mountain Savoury	
Myrtle Red	
Neroli	
Nieouli	
Patchouli	
Peppermint	

TABLE 2

SPICES

Allspice	Mango Powder
Allspice Ground	Mixed Spices
Anise Star	Mixed Spices - Sweet
Aniseed	Mushroom
Arrowroot	Mustard Seed Black
Arrowroot Ground	Mustard Seed Yellow
Asafoetida	Nutmeg
Caraway Ground	Nutmeg Powder
Cardamom	Onion
Cardamom Seeds	Orris Root
Carob	Paprika - Sweet
Cassia	Slippery Elm
Cassia Bark	Tamarind Block
Cayenne Pepper	Tumeric
Celery Salt	
Chilli	
Chilli Powder	
Cinnamon	
Cinnamon Ground	
Cinnamon Sugar	
Cloves	
Cloves Ground	
Coconut Cream Block	
Coconut Ground	
Coconut Powder	
Coriander	
Coriander Ground	
Cream of Tartar	
Cumin	
Dill	
Dill Seeds	
Dutch Caraway	
Fennel	
Fennel Powder	
Fenugreek	
Fenugreek Powder	
Garlic	
Ginger	
Horseradish	
Horseradish Ribbed	
Juniper Berries	
Laos	
Laos Powder	
Lemon Grass	
Mace	
Mace Ground	

the look-out for new sources and new species.

They are mostly imported from Hong Kong, although some come from mainland China via Beijing and Shanghai. Increasingly, as China opens its doors to the West, better access will be granted for importing herbs.

Some herbalists import their herbs directly, while others purchase them from Chinese herbal cash and carry stores in the West or from mail order suppliers.

Examples of Chinese herbs which may be used in the invention are listed in Table 3.

Preservation

Once the herbs have been collected from the wild they need to be treated so that they will keep their essential qualities during storage. They are always washed and dried. The method of drying varies depending on the particular herb and what it is going to be used for. They may be sun-dried or dried in a clay oven, alone or with other herbs. Sometimes they are dried with minerals such as sulphur, which bleaches them and also acts as

HERBS

Ba Ji Tian
Bai Dou Kou
Bai Gou
Bai Guo Ye (Ginkgo)
Bai He
Bai Ji Tian
Bai Jiang Cao
Bai Zhi
Bai Zhu
Ban Xia
Bi Ji Tian
Bo He
Bladderwrack
Boswellia Serrata
Bu Gu Zhi
Cang Er Zi
Chai Hu
Chamaelirium Luteum
(False Unicorn)
Chan Tui
Che Qian Cao
Che Qian Zi
Che Quian Cao
Chen Xiang
Chi Shao Yeo
Chuan Lian Zi
Da Huang
Da Zao
Dan Shen
Dang Gui (Dong Quai)
Dang Shen
Du Zhong
Echinacea Angustifolia
Er Cha
Fan Xie Ye (Senna)
Fu Ling
Fu Pen Zi
Gao Ben
Garcinia Cambogia
Ge Gen
Gou Qi Zi (Lycium)
Gou Teng
Guaiacum Wood
Gui Ban
Guo Teng
Guo Ye (Ginkgo)
He Zi
Horsetail

HERBS

Hu Huang Lian	Ting Li Zi
Hu Po	Wang Bu Liu Xing Guo
Hua Jiao	Wu Bei Zi
Huai Jiao Zi	Wu Jia Pi
Huang Lian	Wu Yao
Huang Qi	Xian He Cao
Huo Ma Ren	Xing Ren
Ji Xue Feng	Yan Hu Suo
Jiang Can	Yang Rong Wan
Jie Geng	Ye Ju Hua
Jin Quian Cao	Ye Tu Hua
Jin Yin Hua	Yi Mu Cao
Jin Ying Zi	Yin Yang Huo
Lian Zi	Yohimbe
Lian Zi (Red)	Zhen Zhu Mu
Long Yan Rou	Zhi Mu
Lu Jiao Shuang	Zhi Zi
Me Dou Ling	
Mai Men Dong	
Mai Ya	
Man Jing Zi	
Mao Zhao Cao (Cats Claw)	
Maté Leaf	
Mexican Yam Root	
Milk Thistle Seed	
Mu Dan Pi	
Mu Hu Die	
Mu Li	
Mu Tong	
Niu Bang Zi	
Ou Jie	
Qiang Huo	
Rou Cong Rong	
Salix Alba (White Willow)	
Sang Ye	
Shan Zha	
Shen Jin Cao	
Sheng Ma	
Shiu Niu Jiao Si	
Shu Di Huang	
Spirulina	
Su Mu	
Su Zi (Zi Su Zi)	
Suan Zao Ren	
Tian Ma	
Tian Nan Xing	

a preservative. Occasionally you may hear of herbs being treated. This means that, after drying, they are stir-fried with angelica and milk vetch to enhance their properties. Some may also be buried in the ground to absorb moisture, or cooked in a clay pot with rice wine or honey to increase their potency.

Cutting up Herbs

Before or after they have been dried, the herbs will need to be cut up using a herb chopper. When this is done depends on the herb and its eventual usage. There are several ways of cutting herbs. Large roots are often sliced across at 90 degrees, which gives them a round cross-section, while smaller ones are cut at an angle to give a larger surface area. Some herbs are chopped very finely and compressed into a cake.

Some herbs have to be ground to a powder and this is done using a mortar and pestle with a lid, to avoid the loss of powder during crushing.

Storage

Traditionally, herbs would be stored in clay pots after preservation and

cutting up. The shape of the clay pots and whether they were covered or uncovered depended on the herbs. The Chinese have always used clay pots, because clay was the simplest and cheapest material to get hold of and also because, when glazed and therefore non-absorbent, it helped to keep the properties of the herbs intact.

Modern herbalists increasingly use glass jars and bottles for herb storage, but still rely on wooden drawers for the bulk of their stocks because this is the easiest and most convenient method of dispensing them. These drawers are rarely labelled, as the herbalist is completely familiar with their contents. Since the drawers are arranged according to meridians and properties it would be hard for the herbalist to make a mistake that would result in a herb of a totally different type being dispensed.

Freshness of Stocks

However the herbs are stored, herbalists will check them periodically for mould and other signs of decay.

Herbs may need to be retreated - that is, washed and boiled, redried and, where necessary, freshly treated with angelica again in the same way that

fresh herbs are.

Weighing Herbs

Because it is so expensive, ginseng is weighed in very sensitive scales which have divisions of 0.1 of a gram.

Other herbs do not need quite such accurate scales, and larger ones can be used. These are accurate to within approximately 3 grams. Both sorts of scales are used by holding one of the strings near the pan and adjusting the weight on the rod.

Metric weights have been used for convenience, but Chinese herbalists use Chinese weights. Their names and metric equivalents are given below.

1 fan	= 0.3 grams approx	
10 fan	= 1 qin	= 3 grams approx
10 qin	= 1 lian	= 30 grams approx
16 lian	= 1 jin	= 480 grams approx

Whenever scales are used, the weight given is always that of the herb before any stir-frying which may be specified on the prescription. The

herbs may be fried in honey, water or rice wine, or 'burned' until black in a red-hot wok. These treatments naturally change the weight of the herb, and it is not unknown for patients to weight their herbs afterwards and mistakenly complain that they have been short-changed by the herbalist.

Boiling and Steaming

As soon as possible after collection, the herbs are boiled in clay pots. These come in a variety of shapes and sizes much like Western saucepans. It used to be traditional to throw away all pots used in medicinal preparations on the Chinese New Year's Eve. But few herbalists in the West can afford to do this now, especially since some of the decorated pots are extremely expensive.

Steam pots are used a lot for medicinal foods. The ingredients are added to the pot, after which both lids are put on and fastened by a string which passes through the handles. The pot is then placed in a larger pot of boiling water. The herbs and other ingredients are gently cooked by the rising steam without losing any valuable elements which might otherwise be boiled out.

Properties of Commonly Used Chinese Herbs

In the following lists the Chinese name has been used, along with the botanical name and the Western common name where possible. (Some Chinese herbs are not native to the West and have no corresponding Western name so in these cases the literal English translation has often been included.) Most of the herbs described here can be used in their fresh state, but they can all be ordered as dried herbs. Dosages given are standard ones from which herbalists would raise or lower according to the individual. It is interesting to note that many of the Chinese names have suffixes denoting parts of the plant, for example: hua/flower; pi/cortex or peel; ren/seeds; ye/leaf; zi/fruit or seeds. The dosage refers to the total dose over the course duration.

Bai Shao	<i>Peonia lactiflora, P. obovata</i>	White peony root
Part used:	root, sliced	
Meridian:	liver	
Taste:	sweet	
Usage:	for abdominal pains after childbirth combine with Dang Gui (<i>Angelica sinensis</i> /Chinese angelica), Chuan Xiong (<i>Ligustrum wallichii</i> /Szechuan lovage root) and Hong Hua (<i>Carthamus tinctorius</i> /safflower).	
Dosage:	6-15g	
Note:	Do not use with black false hellebore (<i>Veratrum nigrum</i>)	
Bai Zhu	<i>Atractylodes macrocephala</i>	Attractylodes
Part used:	root	
Meridians:	spleen, stomach	
Taste:	bitter-sweet	
Usage:	to correct mischannelling of qi at the spleen and stomach. Used to treat loss of appetite, extended tight abdomen, vomiting and bowel disorders. It is safe to use during pregnancy.	
Dosage:	4.5-9g	
Gan Cao	<i>Glycyrrhiza uralensis, G. glabra</i>	Liquorice
Part used:	root	
Meridians:	all	
Taste:	sweet	
Usage:	one of the most frequently used Chinese herbs. It can be used on its own to assist the spleen, dispel heat and restore qi. It is used to treat sore throats and to relieve food poisoning. It is most often used with other herbs to moderate their effects. It is also used to alleviate any uncomfortable side-effects which may be felt after taking other medicinal herbs.	
Dosage:	1.5-9g	
Gou Qi Zi	<i>Lycium chinense</i>	Lycium
Part used:	seed	
Meridians:	liver, kidneys	
Taste:	sweet	
Usage:	to strengthen shen and kidneys, and to improve eyesight, used with Sheng Di Huang (<i>Rehmania glutinosa</i> /Chinese foxglove root), Ju Hua (<i>Chrysanthemum morifolium</i> /chrysanthemum) and Shan Zhu Yu (<i>Comus officinalis</i> /fruit of Asiatic cornelian cherry). Used with Sheng Di Huang (<i>Rehmania glutinosa</i>) and Tian Men Dong (<i>Asparagus cochinchinensis</i> /asparagus root) to treat deficient liver and/or kidneys as well as tinnitus, dizziness and weakness of the knees, and for the prevention of wet dreams.	

Dosage: 6-12g

Gou Teng *Nauclea rhyynchophylla* also (*Unicaria*)
Part used: thorn
Meridians: heart, liver
Taste: sweet
Usage: to stop convulsions, tics and spasms used with Tian Ma (*Gastrodia elata/Gastrodia rhizome*). For the treatment of red eyes caused by headaches used with Ju Hua (*Chrysanthemum morifolium/ chrysanthemum*), Sang Yè (*Morus alba/white mulberry leaves*) and Bo He (*Mentha arvensis/mint*). It does not need boiling.

Dosage: 6-12g

Gui Zhi *Cinnamomum cassia* Cinnamon twigs
Part used: bark
Meridians: heart, lungs, bladder
Taste: sweet
Usage: used in combination with Ma Huang (*Ephedra sinica/Ephedra*) if the patient does not sweat; if they do, given with peeled Chi Shao (*Paeonia veitchii/red peony root*). Used in combination with Qiang Huo (*Notopterygium incisum*) to relieve pain in joints, especially arthritis. Used with Dang Gui (*Angelica sinensis/Chinese angelica*) or Chuan Xiong (*Ligustrum wallichii/Szechuan lovage root*) to treat period pains and menstrual irregularity.

Dosage: 3-9g (slightly more if used for arthritis)
Note: Avoid during pregnancy

Huang Qi *Astragalus membranaceus* Milk vetch
Part used: root, sliced, either raw or stir-fried in honey
Meridians: lungs, spleen
Taste: sweet
Usage: given as a tonic to patients recovering from illness or feeling tired and weak. Can be used in conjunction with ginseng. This is one of most commonly prescribed herbs in Chinese medicine, and symptoms which would point to its use include loss of appetite, coldness, shortness of breath and a tendency to sweat a lot.

Dosage: 9-30g

Huang Qin	<i>Scutellaria baicalensis</i>	Baical skullcap root
Part used:	root, raw or stir-fried in rice wine	
Meridians:	gall bladder, small intestine, lungs, large intestine, spleen	
Taste:	bitter	
Usage:	for throat pain used with Lian Qiao, (<i>Forsythia suspensa</i> forsythia fruit) and Jin Yin Hua (<i>Lonicera japonica</i> honeysuckle flower). For relieving high blood pressure used with Ju Hua (<i>Chrysanthemum morifolium/chrysanthemum</i>) and Gou Teng (<i>Nauclea rhynchophylla</i>).	
Dosage:	3-10g	
Jing Jie	<i>Schizonepeta tenuifolia</i>	
Part used:	seeds	
Meridians:	none specific	
Taste:	tangy	
Usage:	to stop swellings and as an excellent painkiller. Used more than any other herb for the treatment of arthritis. Fried until very dark in colour it is used to stop bleeding, especially from haemorrhoids.	
Dosage:	3-9g	
Ma Huang	<i>Ephedra sinica</i>	Ephedra
Part used:	stalk	
Meridians:	bladder, lungs	
Taste:	tangy	
Usage:	used in combination with Gui Zhi (<i>Cinnamomum cassia</i> cinnamon) to aid sweating. Stir-fried in honey and apricot kernels, restores the function of the lungs and suppresses asthma, especially with coughing. Used with Sheng Jiang (<i>Zingiber officinale</i> /fresh ginger rhizome (root) and Bai Zhu (<i>Atractylodes macrocephala</i>) to reduce swelling.	
Dosage:	3-9g	
Note:	not suitable for patients who suffer from insomnia or high blood pressure. Not to be used by patients who are already sweating.	
Mai Men Dong	<i>Ophiopogon japonicus</i>	'Lush winter wheat'
Part used:	root nodules, used raw and pressed flat	
Meridians:	stomach, lungs, heart	
Taste:	bitter	
Usage:	to restore yin. Used with Ban Xia (<i>Pinellia ternata</i> /'Half summer') and liquorice for coughs and dry throat. Used with Sheng Di Huang (<i>Rehmania glutinosa</i> /Chinese foxglove root), Xuan Shen (<i>Scrophularia Ningpoensis</i> Ningpo figwort root), Huang Lian (<i>Coptis chinensis</i> /golden thread) and Dan Shen (<i>Salvia miltiorrhiza</i> /'Scarlet root') for insomnia.	
Dosage:	6-12g	
Mu Dan Pi	<i>Paeonia suffruticosa</i>	Tree peony

Part used: bark
Meridians: kidneys, liver, heart
Taste: bitter
Usage: to lower high blood pressure, used with Ju Hua (*Chrysanthemum morifolium/chrysanthemum*) and Jin Yin Hua (*Lonicera japonica/honeysuckle flower*). For menstrual disorders, used with Chai Hu (*Bupleurum chinense/thorowax*) and Dan Gui (*Angelica sinensis/Chinese angelica*). To stop bleeding in internal wounds, dry-fried until dark and given with Hong Hua (*Carthamus tinctorius/safflower*). For period pain, raw slices given with Gui Zhi (*Cinnamomum cassia/cinnamon*) and Hu Tao Ren (*Juglans regia/walnut*). To stimulate the production of blood and to disperse bruises, used fried in rice wine with cinnamon and walnuts.

Dosage: 6-12g
Note: not suitable for use during pregnancy

Qing Hao *Artemisia annua, A. apiacea* Wormwood
Part used: leaves
Meridians: liver, gall bladder
Taste: bitter, but with a very pleasant smell
Usage: for the treatment of burns and minor skin disorders, fresh leaves are crushed and applied externally. For the treatment of malaria, used with Huang Qin (*Scutellaria baicalensis/Baical skullcap root*). Ban Xia (*Pinellia ternata*) and Maranta arundinacea (arrowroot).

Dosage: 20-40g for malaria, 6-15g for skin applications
Note: this herb responds best to rapid, short boiling

San Qi *Panax notoginseng* Pseudoginseng root
Part used: whole plant (it is similar to ginseng)
Meridians: kidneys, liver
Taste: bitter
Usage: to disperse bruises, relieve swellings and stop haemorrhaging, and for general relief of pain.

Dosage: for wounds and pain 1-1.5g powder three times a day; for cardiac arrest 1.5g twice a day in equal proportions with ginseng

Shan Zhu Yu *Cornus officinalis* Cornelian Asiatic cherry
Part used: flesh of fruit
Meridians: liver, kidneys
Taste: bitter-sour
Usage: used in the treatment of abnormally heavy menstruation. Used with ginseng to treat heavy sweating accompanied by exhaustion.

Dosage: 4.5-9g

Shi Chang Pu *Acorus gramineus* Sweetflag

Part used: root

Meridians: heart, spleen, stomach

Taste: tangy

Usage: for excess tan (mucus). Used with *Zhi Zi* (*Gardenia jasminoides*/Cape jasmine), young bamboo leaves and extracted ginger juice for treating delirium. To treat tinnitus and amnesia, given with *Fu Ling* (*Poria cocos*/hoelen) and *Yuan Zhi* (*Polygala tenuifolia*/root of Chinese Senega). For loss of appetite, given with *Huo Xiang* (*Agastache rugosa*/Patchouli), *Huo Po* (*Magnolia officinalis*/magnolia) and *Chen Pi* (*Citrus reticulata*/tangerine peel).

Dosage: 3-9g

Shu Di Huang *Rehmania glutinosa* Root of Chinese foxglove
cooked in wine

Part used: root (oven dried or fresh)

Meridians: liver, kidneys, heart

Taste: sweet

Usage:

- a) to relieve cold in the blood. Used with *Xuan Shen* (*Scrophularia ningpoensis*/Ningpo figwort) to reduce high body temperature, dry mouth and red tongue. Given with *He Ye* (*Nelumbo nucifera*/lotus leaves) and *Qian Cao Gen* (*Rubia cordifolia*/madder root) for blood in vomit or urine. Used with *Mu Dan Pi* (*Paeonia suffruticosa*/cortex of tree peony root) for macula or dark spots on the skin. To treat thirst associated with diabetes, used with *Bi Xie Xu Duan* (*Dioscorea batatas*/Chinese yam) and *Di Gu Pi* (*Lycium chinense*/Chinese wolfberry).
- b) Used dried, then fried in rice wine until dark, for restoration of the blood, weakness of the knees, menstrual disorders and tinnitus.

Dosage: a) 9-30g (double if fresh), b) 9-15g

Tian Ma *Gastrodia elata* Gastrodia rhizome

Part used: tuber

Meridian: liver

Taste: sweet

Usage: to clear collateral channels and to relieve rheumatic pain, given with *Jin Yin Hua* (*Lonicera japonica*/honeysuckle flower) and *Huai Niu Xi* (*Achyranthes bidentata*/'Ox knee'). Given with *Ban Xia* (*Pinellia ternata*/'Half summer') and *Bai Zhu* (*Attractylodes macrocephala*) in the treatment of migraine, eye

Dosage:	disorders and dizziness. Excellent for women suffering headaches, especially after childbirth. 3-9g boiled in water, 1-1.5g as a powder	
Tian Men Dong	<i>Asparagus cochinchinensis</i>	Tuber of Chinese asparagus
Part used:	root, raw and sliced	
Meridians:	lungs, kidneys	
Taste:	bitter-sweet	
Purpose:	to restore deficient yin. Dispels heat and strengthens the kidneys and lungs.	
Usage:	to treat a dry cough with little mucus, or coughing up of blood, use with Mai Men Dong (<i>Ophiopogon japonicus</i> /'Lush winter wheat') and Bei Mu (<i>Fritillaria verticillata</i> /fritillaria bulb). For use in the treatment of whooping cough with Mai Men Dong (<i>Ophiopogon japonicus</i> /'Lush winter wheat') and Bai Bu (<i>Stemona sessilifolia</i> /stemona root).	
Dosage:	6-12g	
Tu Si Zi	<i>Cuscuta chinensis</i>	Dodder seeds
Part used:	seeds, boiled and crushed, sometimes in cake form	
Meridians:	kidneys, lungs	
Taste:	sweet	
Purpose:	to treat deficient yang in the kidneys, which causes frequent urination. Also used to prevent miscarriages and to help restore the function of the kidneys and menstrual cycle	
Dosage:	6-12g	
Wu Wei Zi	<i>Schizandra chinensis, S. sphenanthera</i>	Schisandra fruit
	The Chinese name means 'the fruit which has five tastes'. It has two forms, northern (<i>S. Chinensis</i>) and southern (<i>S. sphenanthera</i>).	
Part used:	fruit, raw or steamed with vinegar or rice wine	
Meridians:	kidneys, heart, lungs	
Taste:	sour	
Usage:	for coughs caused by weakness of the lungs, sometimes in combination with ginseng. Use with Mai Men Dong (<i>Ophiopogon japonicus</i> /'Lush winter wheat') to treat patients who sweat, have a dry mouth, tire easily and are depressed.	
Dosage:	1.5-6g	
Xin Yi Hua	<i>Magnolia liliiflora</i>	Magnolia flower
Part used:	flower	
Meridians:	none specific	
Taste:	tangy	
Usage:	for the treatment of rhinitis and nasosinusitis. Clears running nose and headaches.	
Dosage:	1-3g	

Yin Yang Huo	<i>Epimedium brevicomum,</i> <i>E. grandiflorum, E. sagittatum</i>	'Licentious goat wort'
Part used:	the whole plant apart from the root	
Meridians:	liver, kidneys	
Taste:	sweet	
Usage:	used to treat high blood pressure in elderly women, impotence and paralysis of the lower limbs.	
Dosage:	3-9g	
Yu Xing Cao	<i>Houttuynia cordata</i>	'Fishy smelling herb'
Part used:	whole herb	
Meridians:	kidneys, lungs	
Taste:	sweet with a fishy odour, hence it is also known as the smelly fishy plant	
Usage:	the treatment of lung and kidney disorders.	
Dosage:	9-30g	
Yuan Zhi	<i>Polygala tenuifolia</i>	Root of Chinese senega
Part used:	root, chopped and treated with liquorice	
Meridians:	lungs, heart, kidneys	
Taste:	bitter	
Usage:	for treatment of irritability, insomnia and depression.	
Dosage:	3-9g	
Zi Su Ye	<i>Perilla frutescens</i>	Perilla leaf
Part used:	leaves	
Meridians:	spleen, lungs	
Taste:	sweet	
Usage:	to promote ch'i, to relieve pain and tightness in the abdomen, to cancel out the effects of food poisoning (especially when caused by seafood), to ease vomiting and diarrhoea.	
Dosage:	6-12g	

Also part of the herbalist's traditional repertoire will be such well-known herbs as ginseng, garlic and ginger. Ginseng (Panax ginseng) is the dried root of the Ren Shen plant which is grown mainly in Japan and Korea. Its main uses are to help strengthen weak bodies and to help patients recovering after illness. It is used extensively as a nutritive and restorative tonic and to treat impotence, neurasthenia, spermatorrhoea, anaemia, senility, uterine disorders and nephritis.

Ginger is the fresh root of *Zingiber officianale* (Gan Jiang) and is used mainly as a stomach restorative. It is used in the treatment of nausea and vomiting as well as diarrhoea, rheumatism, abdominal and spleen ache and sometimes for strider - obstructed breathing.

Garlic (*Allium sativum*) known as Xie Bai to the Chinese, is used to thin the blood. It is known to reduce blood cholesterol, prevent heart disease, aid digestion and to lower blood pressure.

The preferred form of the vitamins and amino acids are shown in Table 4. "Pepsin" refers to commercially available pepsin digest.

TABLE 4VITAMINS AND AMINO ACIDS

Vitamins & Amino Acids	Method
L-Phenylaline	Extraction
Vitamin C	Extraction
Vitamin E	Extraction
Vitamin ED	Extraction
Inositol	Trace Mineral
Selenium Methionine	Trace Mineral
Soya Isolate	Trace Mineral
Trace Mineral Clay	Trace Mineral
Lysine	Compound
Pepsin	Compound
Whey Protein	Compound
Zinc Amino Acid Chelate	Compound
Co-enzyme Q	
Superoxide Dismutase	
Vegetable enzymes	
Iron Gluconate	
Copper amino acid gluconate	
Calcium amino acid gluconate	
L-Threonine	
Chromium niacin	
Selenium methionine	
L-phenylalanine	

The invention will now be described by way of example.

The product formulae below show the dosage, for the disorders treatable by the composition, the amounts of the components used and therapies which may be used in combination with the compositions. Typically capsules contain between 200mg and 1g of composition per capsule.

The formulations may be taken neat or diluted with, for example 50% volume/volume cordial, fruit juice or lemonade.

The dosages may be separated into, for example, 3 equal doses taken after breakfast, lunch and an evening meal.

Skin care, massage and sports injury remedies may be applied topically directly onto the area to be "treated".

The Aloe vera honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are all commercially available products.

The Aloe vera products, heat lotion and propolis creme may be obtained from Forever Living Products (UK) Ltd, Longbridge Manor, Longbridge,

Warwick, Warwickshire, United Kingdom. Aloe vera "juice" comprises as main ingredients stabilised Aloe vera gel, sorbitol, lemon juice, vitamin E, sodium benzoate and papain. "Pure" Aloe vera comprises stabilised Aloe vera gel, sorbitol, citric acid, vitamin E, sodium benzoate and papain. Aloe vera "nectar" comprises raw Aloe vera gel, fructose, sorbitol, cranberry and apple juice concentrate, ascorbic acid, citric acid, potassium sorbate, sodium benzoate, xanthan gum, tocopherol and colourings.

Heat lotion comprises stabilized Aloe vera gel, DI water, propylene glycol, stearic acid, glyceryl stearate, triethanolamine, eucalyptus oil, methyl salicylate, apricot kernel oil, sesame oil, cetyl alcohol, petrolatum, lanolin, jojoba oil, oleic acid, stearyl stearate, dioctyl adipate, octyl stearate, octyl palmitate, PEG-100 stearate, allantoin, mineral oil, lanolin alcohol, ascorbic acid, diazolidinyl urea, methylparaben and propylparaben.

Propolis creme comprises stabilized Aloe vera gel, glyceryl stearate (and) PEG-1-00 stearate, propylene glycol, cetyl alcohol, dioctyl adipate (and) octyl stearate (and) octyl palmitate, lanolin, sorbitol, allantoin, bee propolis extract, lanolin alcohol, dimethicone, mineral oil, imidazolidinyl, urea, vitamins A & E, comfrey extract, chamomile extract, triethanolamine, ascorbic acid, methylparaben, propylparaben, fragrance.

Rescue remedy is a composition of five Bach flower remedies: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis.

Except where indicated; the essential oils, Chinese herbs/Indian spices, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are mixed together in the amounts indicated with sufficient Aloe vera to make the final formulation up a final volume of 1,000 ml.

All components are from commercial sources. Vegetable enzymes are obtained as a commercially available product from "G and G Foods (UK)".

Initial results indicate that the specific essential oil and herb/spice combination of the invention provides effective compositions for medical and/or cosmetic use.

PATIENT PILOT STUDY

From a database of 250 people, having been diagnosed by their own practitioner as having M.E./Chronic Fatigue Syndrome, 80 responded to the inventors for information requesting to take the particular formula.

The findings of this initial pilot study indicated:

- i) One third of the respondents diagnosed with M.E./Chronic Fatigue Syndrome did not have this condition. Most had Candida, depression or arthritis. A number suffered from a combination. Due to the similarity and overlap of many symptoms, without practitioners being able to measure the response by administering separate formula for each of these conditions, it is not possible for them to accurately disseminate between these four conditions.
- ii) When a patient has been accurately diagnosed and they take the respective formula, as shown in Table 5, correctly, a full recovery is apparent at the end of the 25 day ingestion period.
- iii) A pattern also became evident with about one third of patients making a partial recovery and in a few cases no realistic recovery. In all these cases it became apparent each respective formula of the inventors was being frustrated. After further discussion and analysis of the patient records a clear pattern emerged.

In the majority of cases these patients had been exposed to either one or a combination of the following traditional treatments:

Side Effects

(a) X-rays/scans	Medical irradiation
(b) Medical drugs	Misfunction
(c) Amalgam dental fillings	Mercury poisoning
(d) Organophosphate exposure	Nervous system

- iv) The inventors then developed an additional 'body cleanser/irrigator' formula (Table 6). After taking this 25 day formula the original formula still resting within these patients was then released to perform.
- v) Due to the alarming number of patients from referrals and potential patients suffering from the side effects of the above traditional treatments, the Foundation has successfully combined the 'irrigator' within each of its main formulae. This prevents patients from having to take two formulae which doubles both the cost and time.

TABLE 5

Essential Oils	Herbs/Spices
Bergamot	1/4ml
Camphor	1/4ml
Chamomile Roman	1/4ml
Eucalyptus Globulus	1/4ml
Ginger	1/4ml
Juniper	1/4ml
Melissa	1/4ml
Peppermint	1/4ml
Rose Geranium	1/4ml
Rosemary	1/4ml
Tea Tree	1/4ml
	Herbs: 5:1
	Bai Guo Ye - 2gm
	Ba Ji Tian - 2gm
	Chen Xiang - 2gm
	Da Huang - 2gm
	Huang Lian - 2gm
	Niu Bang Zi - 2gm
	Salvia Alba - 2gm
	Zhi Zi - 2gm
	Spices:
	Cinnamon Sugar - 10gm
	Cloves 10gm
	Coriander - 10gm
	Garlic - 10g
	Juniper Berries - 10gm

Base ingredients	Flavouring
Honey Products	
Royal Jelly - 20gm	Aloe Vera/Amino Acids/ Vitamins
Bee Propolis - 20gm	Aloe Vera: 1/2 litre
Enzymes/Minerals	
Enzymes:	Amino Acids:
Vegetable Enzymes - 30gm	Copper Amino Acid Chelate - 30gm Lithium Threonine - 30gm Superoxide Dismutase (S.O.D.) - 30gm Zinc Amino Acid Chelate - 5gm
Minerals:	
Calcium - 10gm	Vitamins:
Garlic - 20gm	VIT C - 30gm
Inositol - 25gm	VIT E D - Alpha Tocopherol - 10gm
Iron - 10gm	
Mineral Clay Powders - 30gm	

TABLE 6

Aloe Vera	Essential Oils	Chinese Herbs/Indian Spices
Nectar	Bergamot 1ml	Chinese Herbs:
	Chamomile German 1ml	Acacia Calechu - 30gm
	Chamomile Maroc 1ml	Acanthopanax Gracilistylus - 30gm
	Chamomile Roman 1ml	Caesalpinia Sappan - 30gm
	Cinnamon Zeylanicum 1ml	Epimedium Spinosa - 30gm
	Clove Buds 1ml	
	Eucalyptus Globulus 1ml	Indian Spices:
	Frankincense 1ml	Asafoetida - 20gm
	Fennel 1ml	Coconut Cream Block - 20gm
	Hyssop 1ml	Coriander - 20gm
	Juniper 1ml	Fenugreek - 20gm
	Lemon Grass 1ml	Horseradish Ribbed - 20gm
	Mountain Savoisy 1ml	
	Niaouli 1ml	
	Red Thyme 1ml	
	Rosemary 1ml	
	Rose Geranium 1ml	
	Tagetes 1ml	
	Ylang Ylang 1ml	

Honey Products	Vitamins/Amino Acids	Other	Therapies
Royal Jelly - 4000gm Bee Propolis - 1ml	VIT C - 30gm VIT E D - Alpha Tocopherol - 30gm Inositol - 2500mg Pepsin - 30gm Selenium Methionine - 30gm Soya Isolate - 30gm Trace Mineral Clay - 30gm Whey Protein - 50gm Zinc Amino Acid Chelate - 30gm	Indian Brandy - 20ml Backward Concentrate - 20ml	Chinese Acupuncture - 2 sessions

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula A		- 2 capsules 3 times daily over 20 days ** Formula 2 - CRA - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)							
Angina	Artery Walls	Diabetes	Atherosclerosis	Blood Pressure	Cholesterol	Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Angina	Artery Walls	Diabetes	Atherosclerosis	Blood Pressure	Cholesterol	Basil	Herbs: 5:1 Ba Guo Ye (Ginkgo) - 2gm	Herb Product: Royal Jelly - 3.1 - 7gm Bee Propolis - 4.1 - 5gm	Honey - 20ml
						Bergamot	Yani		Indian Brandeas - 20ml
						Camphor	Yani		Vanilla - 50gm
						Chamomile German	Yani		
						Chamomile Maroc	Yani		
						Chamomile Roman	Yani		
						Cinnamon Leaf	Yani		
						Clove Buds	Yani		
						Dill	Yani		
						Eucalyptus Globulus	Yani		
						Fennel	Yani		
						Frankincense	Yani		
						Hysop	Yani		
						Juniper	Yani		
						Lavender	Yani		
						Lemon Grass	Yani		
						Lemongrass	Yani		
						Mountain Savoury	Yani		
						Nauclea	Yani		
						Peppermint	Yani		
						Rose Geranium	Yani		
						Rosemary	Yani		
						Tagetes	Yani		
						Thyme Red	Yani		
						Ylang Ylang	Yani		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula B		- 2 capsules 3 times daily over 20 days									
Abscess		- + Formula Z - CRB - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)									
Alcoholism		** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)									
**Anorexia		*Organophosphate Disease (OP's)									
**Bulimia		Endometriosis Indigestion *Irritable Bowel Candida (Thrush/Candida) Endometriosis Pre-Menstrual Syndrome Colitis **Hepatitis Menopause Ulcers - External Crohn's Disease Hiatus Hernia HRT Ulcers - Internal									
Essential Oils		Flavouring									
Bergamot		Honey - 20ml									
Black Pepper		Indian Brandy - 20ml									
Camphor		Vanilla - 50gm									
Chamomile German		Aloe Vera/Fanine Acid/ Vitamin E									
Chamomile Maroc		Aloe Vera									
Chamomile Roman		Over 70mls - 1/4 litre									
Cinnamon Leaf		Amith Addit:									
Clove Bud		Guanine - 15gm									
Eucalyptus Globulus		L-Threonine - 15gm									
Fennel		Pyrogallol - 10mg									
Frankincense		Superoxide Dismutase (S.O.D.) - 15gm									
Hops		Vitamin C - 15gm									
Juniper Berry		VIT E D - Alpha Tocopherol - 10gm									
Lemon Grass		Base Ingredients									
Mountain Scentury		Aloe Vera/Fanine Acid/ Vitamin E									
Niaucil		Base Ingredients									
Rosemary		Base Ingredients									
Sweet Marjoram		Base Ingredients									
Tagatia		Base Ingredients									
Thyme Red		Base Ingredients									
Ylang Ylang		Base Ingredients									

PRODUCT FORMULA BY ILLNESS

Product Formula C1		[Prevention] - 2 capsules x 3 times daily for 20 days ++ Formula Z - CRN - 2 sessions with Aromatherapis/Reflexologist (minimum 2 hours apart, maximum 7 days apart)			
Cold Antidote		Influenza Antidote **Pneumonia			
Essential Oils	Herbs/Spices	Herbs: 5:1	Herb Product	Base Ingredients	Flavouring
Bergamot		1/4ml	Da Huang - 2gm	Honey	Honey - 20ml
Chamomile German		1/4ml	Echinacea Angustifolia - 10grn (1:1)	Aloe Vera	Indian Frankincense - 20ml
Chamomile Maroc		1/4ml	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 3/4 litre	Vanilla - 50gm
Chamomile Roman		1/4ml			
Cinnamon Leaf		1/4ml	Huang Lian - 2gm		
Clove Buds		1/4ml	Jin Yin Huo - 2gm		
Eucalyptus Globulus		1/4ml	Ji Geng - 2gm		
Fennel		1/4ml	Lian Zi (Red) - 2gm		
Frankincense		1/4ml	Long Yan Rou - 2gm		
Hyssop		1/4ml	Niu Bang Zi - 2gm		
Juniper		1/4ml	Sang Ye - 2gm		
Lemon Grass		1/4ml	Su Mu - 2gm		
Mountain Savoury		1/4ml	Wu Ji Pi - 2gm		
Myrrh Red		1/4ml	Xing Ren - 2gm		
Niaouli		1/4ml			
Palitouli		1/4ml			
Pine		1/4ml	Asafoetida - 10grn		
Rose Geranium		1/4ml	Cassia - 10gm		
Spanish Marjoram		1/4ml	Chili Powder - 10gm		
Sweet Thyme		1/4ml	Coconut Cream Block - 10gm		
Tagetes		1/4ml	Coriander - 10gm		
Thyme Red		1/4ml			
Ylang Ylang		1/4ml			

PRODUCT FORMULA BY AILMENT & ILLNESS

(Cure) - Phial (single 50ml dose)			
Cold Antidote	+ Formula Z - CRG2 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ***Pneumonia *Influenza Antidote Coughs/Bronchitis		
Essential Oils	Herbal/Spices	Base Ingredients	Flavouring
Camphor	Herb: 5:1	Honey Predictis - 10gm Royal Jelly - 10gm Bee Propolis - 10gm	Honey - 20ml Indian Frandise - 20ml Vanilla - 50gm
Chamomile Roman	Che Qian Cao - 2gm		
Eucalyptus Globulus	Dan Shen - 2gm		
Grand Fir	Echinacea Angustifolia - 10gm		
Juniper	Huang Lian - 2gm		
Melia s.s	Jia Geng - 2gm		
Patchouli	Jia Yin Hua - 2gm		
Tea tree	Lan Zi (Red) - 2gm		
Teaspoon	Long Yan Rou - 2gm		
Tea tree	Niu Bang Zi - 2 gm		
Teaspoon	Sang Ye - 2gm		
Teaspoon	Xing Ren - 2gm		
Teaspoon	Spices: Anise - 10gm		
Teaspoon	Cinnamon Sugar - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula D	Clinical Depression (Inherited) Hypertension	-2 capsules 3 times daily over 20 days + Followed by Formula F - Clarissa Balancing System - 2 sessions with Aromatherapist/Rheumatologist (minimum 2 hours apart, maximum 7 days apart) *Lifestyle Depression	Mental Breakdown Post Natal Depression	*Psychopathical Social Violence Stress			
				Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil	Basil	1gm	Herbs: 5:1	Honey Product Royal Jelly - 3:1 - 7gm	Aloe Vera: 4:1 - 5gm	Honey - 20ml	
Bergamot	Bergamot	1gm	Bai Dou Kou - 2gm	Bee Propolis - 4:1 - 5gm	Indian Sandals - 20ml		
Chamomile German	Chamomile German	1gm	Bai Guo Ya (Ginkgo) - 2gm		Vanilla - 50gm		
Chamomile Matric	Chamomile Matric	1gm	Bai He - 2gm				
Chamomile Roman	Chamomile Roman	1gm	Da Huang - 2gm				
Cinnamon Leaf	Cinnamon Leaf	1gm	Dang Shen - 2gm				
Clove Buds	Clove Buds	1gm	Du Zhong - 2gm				
Eucalyptus Globulus	Eucalyptus Globulus	1gm	Er Cha - 2gm				
Fennel	Fennel	1gm	Grape seed - 15mcg				
Frankincense	Frankincense	1gm	Gu Ban - 2gm				
Grapefruit	Grapefruit	1gm	Pinoncopal - 10mcg				
Hyssop	Hyssop	1gm	Su Mai - 2gm				
Juniper	Juniper	1gm	Tian Nan - 2gm (Not UK)				
Lemon Grass	Lemon Grass	1gm	Wu Jia Pi - 2gm				
Melissa	Melissa	1gm	Yin Yang Huo - 2gm				
Mountain Savory			Spices:				
Nasturtium			Gu Ban - 2gm				
Rose Geranium			Asafoetida - 10gm				
Rosemary			Chilli - 10gm				
Sweet Marjoram			Coconut Cream Block - 10gm				
Tagetes			Coconut Ground - 10gm				
Thyme Red			Coriander - 10gm				
Ylang Ylang			Fenugreek - 10gm				
			Honeydew Ribbed - 10gm				
			Mace Ground - 10gm				
			Mixed Spices Sweet - 10gm				

PRODUCT FORMULA BY ALIGNMENT & ILLNESS

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula F - CBA	2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)
Clarissa Carer - Personal Balancing System	
- Lack of Self Confidence	

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Agitron - 1ml	Bergamot	Herbs: 5:1 1/6ml	Aloe Vera Pure - 20ml	Avocado - 10ml
Crab Apple - 1ml	Chamomilla Roman	Bai Dou Kou - 2gm	Honey 20ml	Grapeseed - 40ml
Shield Chestnut - 1ml	Eucalyptus Globulus	Da Huang - 2gm		Hazelnut - 10ml
	Fennel	Ji Xue Teng - 2gm		
	Hyssop			
	Juniper			
	Niaouli	Spices: 1/6ml Cassia Bark - 10gm		

Product Formula F - CBB	2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)
Clarissa Carer - Personal Balancing System	
- Love and Contentment	

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Asper - 1ml	Bergamot	Herbs: 5:1 1/6ml	Aloe Vera Pure - 20ml	Avocado - 10ml
Chicory - 1ml	Chamomilla Roman	Da Huang - 2gm	Honey - 20ml	Grapeseed - 40ml
Goss - 1ml	Eucalyptus Globulus	Gou Teng - 2gm		Hazelnut - 10ml
Mimulus - 1ml	Fennel			
Vervain - 1ml	Hyssop			
Wild Rose - 1ml	Juniper	Spices: 1/6ml Allspice Ground - 10gm		
	Niaouli	Dill Seeds - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

12 sessions with Aromatheranjet/Beflexolocist/minimum 2 hours apart maximum 7 days apart

Giardiasis Balancing System

BEEBIE

345

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Beech - 1ml Clematis - Honeysuckle -	Bergamot Chamomile Roman Eucalyptus Globulus Fennel 1ml 1ml	Herbs: 5:1 Da Huang - 2gm Jin Ying Zi - 2gm Sang Ye - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
Larch - 1ml Mustard - Vine - 1ml	Hopsop Juniper Niaouli 1ml 1ml 1ml	Spices: Asafetida - 10gm Cloves Ground - 10gm		

2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Siliressa Balancing System

Carrier Oils	Base Ingredients	Herbs/Spices	Essential Oils	Flower Remedies
Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aloe Vera Pure - 20ml Honey - 20ml	Herbs: 5:1 Da Huang - 2gm Ye Ju Jua - 2gm	Bergamot Chamomile Roman Eucalyptus Globulus	Century - 1ml Elm - 1ml Impatiens - 1ml Walnut - 1ml Wild Oat - 1ml

PRODUCT FORMULA BY AILMENT & ILLNESS

2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Carer - Personal Balancing System					
- Hale & Regret					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Cerato - 1ml Genital - 1ml Heather - 1ml Oak - 1ml Rock Water - 1ml Scleranthus - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 1/6ml Da Huang - 2gm 1/6ml Fu Pan Zi - 2gm Spices: 1/6ml Caraway Ground - 10gm 1/6ml Chili Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml		Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)					
Clarissa Carer - Personal Balancing System					
- Lack of Self Esteem					
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Cherry Plum - 1ml Holly - 1ml Olive - 1ml Red Chestnut - 1ml Rock Rose - 1ml White Chestnut - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 1/6ml Cha Quan Cao - 2gm 1/6ml Da Huang - 2gm 1/6ml Su Mu - 2gm Spices: 1/6ml Arrowroot Ground - 10gm 1/6ml Cinnamon Ground - 10gm	Aloe Vera Pure - 20ml Honey 20ml		Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula E - CBG Clarissa Balancing System - Mental Strength & Stamina				
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Bergamot - 1ml Chestnut Bud - 1ml Honeysuckle - 1ml Pine - 1ml Star of Bethlehem - 1ml Water Violet - 1ml Willow - 1ml Rescue Remedy - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hysop Juniper Niaouli	Herbs: 5:1 1/4ml Da Huang - 2gm 1/4ml Gou Teng - 2gm 1/4ml Hu Huang Lian - 10gm Spices: 1/4ml Coriander Ground - 10gm 1/4ml Laos Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula E - CBH Clarissa Balancing System - Guilt & Responsibility				
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Aspen - 1ml Cherry Plum - 1ml Echinacea - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hysop Juniper Niaouli	Herbs: 5:1 1/4ml Bai Gao - 2gm 1/4ml Da Huang - 2gm 1/4ml Hu Po - 2gm Spices: 1/4ml Cardamom - 10gm 1/4ml Fennel Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)Clarissa Carer - Personal Balancing System
- Abuse, Trauma & Shock

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Chestnut - 1ml	Bergamot	Herbs: 5:1 1/4ml Chan Tui - 2gm		Avocado - 10ml
Chamomile Roman	Chamomile Roman	Da Huang - 2gm		Grapeseed - 40ml
Eucalyptus Globulus		Jin Ying Zi - 2gm		Hazelnut - 10ml
Rock Rose - 1ml	Fennel			
	Hyssop			
	Juniper			
	Niaouli			
		Spices: 1/4ml Cilantro - 10gm		
		1/4ml Dill - 10gm		

2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Balancing System
- Bereavement/Loss

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Century - 1ml	Bergamot	Herbs: 5:1 1/4ml Ba Ji Tian - 2gm		Avocado - 10ml
Chestnut - 1ml	Chamomile Roman	Da Huang - 2gm		Grapeseed - 40ml
Hamamel - 1ml	Eucalyptus Globulus	Xian He Cao - 2gm		Hazelnut - 10ml
Rock Water - 1ml	Fennel			
	Hyssop			
	Juniper			
	Niaouli			
		Spices: 1/4ml Anise Star - 10gm		
		1/4ml Chilli - 0gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula G	Phial (Single 50ml dose)			
Gastroenteritis Sickness				
Essential Oils	Herbs/Spices	Vitamins/Amino Acids	Flavouring	
Chamomile Matric Hysop Lavender Niaouli	Herbs: 5:1 1/6ml 1/6ml 1/6ml 1/6ml Bai Jiang Cao - 2gm Bai Zhu - 2gm Da Huang - 2gm Shen Jin Cao - 2gm Spices: Carob - 10gm -Coconut Powder - 10gm Fenugreek - 10gm	VIT C - 15gm Inositol - 25gm Vegetable Enzymes - 15gm	Vanilla - 50gm Honey - 10ml Indian Brandy - 10ml	

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula H	Phlai (Single 50ml dose)		
Headache	Essential Oils	Herbal/Spices	Vitamins/Amino Acids
Migraine	Basil Bergamot Camphor Chamomile Roman Dill Eucalyptus Globulus Fennel Ginger Hysop Juniper Niaouli Patchouli	Herbs: 5:1 1/6ml Da Huang -2gm 1/6ml Salix Alba (White Willow) - 10gm 1:1 1/6ml Su Mu - 2gm 1/6ml Yan Hu Suo - 2gm 1/6ml Yang Rong Wan - 2gm (Patient) Spices: 1/6ml Caraway Ground - 10gm 1/6ml Fennel - 10gm 1/6ml	VIT C - 15gm Inositol -25gm Vegetable Enzymes - 15gm
			Flavouring

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula | - 2 capsules 3 times daily over 20 days

Product Formula 1	- 2 capsules 3 times daily over 20 days		Flavouring
	Essential Oils	Herbs/Spices	
Infertility	<p>Basil Bergamot Chamomile German Chamomile Marco Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lavender Lemon Grass Mountain Savoury Myrrh Patchouli Rosa Geranium Rosemary Tagetes Thyme Red Ylang Ylang</p> <p>Herbs: 5:1 1/6ml Da Huang - 2gm 1/6ml Er Cha - 2gm 1/6ml Hui Jiao Zi - 2gm 1/6ml Lian Zi (Red) - 2gm 1/6ml Lu Bo Shuang - 2gm 1/6ml Su Mu - 2gm 1/6ml Wu Jia Pi - 2gm</p> <p>Spices: 1/6ml Asafoetida - 10gm 1/6ml Carbo - 10gm 1/6ml Chilli Powder - 10gm 1/6ml Cinnamon Sugar - 10gm 1/6ml Coconut Cream Block - 10gm 1/6ml Coriander - 10gm 1/6ml Fenugreek - 10gm 1/6ml Ginger - 10gm 1/6ml Horseshoe Ribbed - 10gm 1/6ml Juniper Berries - 10gm 1/6ml Mace Ground - 10gm</p>	<p>Honey, Propolis Royal Jelly - 3 - 7gm Bee Propolis - 4 - 5gm</p> <p>Enzymes/Minerals</p> <p>Extraxta: Vegetable Enzymes - 15gm</p> <p>Minerals:</p> <p>Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm</p> <p>Spices:</p> <p>Asafoetida - 10gm Carbo - 10gm Chilli Powder - 10gm Cinnamon Sugar - 10gm Coconut Cream Block - 10gm Coriander - 10gm Fenugreek - 10gm Ginger - 10gm Horseshoe Ribbed - 10gm Juniper Berries - 10gm Mace Ground - 10gm</p>	<p>Aloe Vera Aloe Vera: Over 70 nutrients - 1/4 litre</p> <p>Amino Acids: L-Threonine - 15gm</p> <p>Superoxide Dismutase (S.O.D.) - 15gm</p> <p>Vitamins:</p> <p>VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm</p>

PRODUCT FORMULA BY AILMENT & ILLNESS

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula K		- 2 capsules 3 times daily over 20 days									
Cerebral Palsy Chicken Pox		Epilepsy Measles					Mumps Scarlet Fever				
Essential Oils	Herbs/Spices	Herbs/Spices	Herbs/Spices	Herbs/Spices	Base Ingredients	Base Ingredients	Base Ingredients	Base Ingredients	Base Ingredients	Flavouring	
Basil	Herbs: 5g 1/gml	Chi Shao Yao - 2gm	Royal Jelly - 3:1 - 7gm	Aloe Vera/	Honey - 20ml						
Bergamot		Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Amino Acids:	Indian Brandee - 20ml						
Carrot		Er Cha - 2gm		Enzyme/Minerals:	Vanilla - 50gm						
Chamomile German		Guo Teq - 2gm		Enzyme/Minerals:							
Chamomile Maroc		Mao Zhao Cao (Cats Claw) - 2gm		Enzyme/Minerals:							
Chamomile Roman		Mu Tong - 2gm		Enzyme/Minerals:							
Cinnamon Leaf		Niu Bang Zi - 2gm		Enzyme/Minerals:							
Clove Buds		Su Mu - 2gm		Minerals:							
Eucalyptus Globulus		Wu Jia Pi - 2gm		Calcium Amino Acid Chelate 20% -							
Fennel				10gm							
Frankincense				Copper Amino Acid Chelate 20% -							
Hysop				15gm							
Juniper				Garlic - 5gm							
Lemon Grass				Inositol 25gm							
Mountain Savoury				Iron Gluconate 12.5% - 10gm							
Niacull				Mineral Clay Powders - 15gm							
Rose Geranium				Zinc Amino Acid Chelate 20% -							
Rosemary				6gm							
Teasles											
Thyme Red											
Ylang Ylang											
				Mixed Spices Sweet - 10gm							

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula 1. - 2 capsules 3 times daily over 20 days

Birth Control

Product Formula 1.		Herbs/Spices		Base Ingredients		Flavouring	
Essential Oils				Herbal Products		Aloe Vera/Amino Acids/Vitamins	
Aniseed	1/ml	Herbs: 6:1		Royal Jelly - 3:1 - 7gm		Honey - 20ml	
Bergamot	1/ml	Da Huang - 2gm		Bee Propolis - 4:1 - 5gm		Indian Bandea - 20ml	
Chamomile German	1/ml	Er Cha - 2gm				Vanilla - 50gm	
Chamomile Maroc	1/ml	He Zi - 2gm					
Chamomile Roman	1/ml	Jin Ying Zi - 2gm					
Cinnamon Leaf	1/ml	Ma Zi Zhao Cao (Cats Claw) - 2gm					
Clove Buds	1/ml	Mu Hu Die - 2gm					
Eucalyptus Globulus	1/ml	Su Mu - 2gm					
Fennel	1/ml	Wu Jia Pi - 2gm					
Frankincense	1/ml	Yan - 2gm					
Hyssop	1/ml						
Juniper	1/ml						
Lavender	1/ml						
Lemon Grass	1/ml						
Mountain Savoury	1/ml						
Niaouli	1/ml						
Rose Geranium	1/ml						
Rosemary	1/ml						
TeaGestas	1/ml						
Thyme Red	1/ml						
Ylang Ylang	1/ml						
Herbs/Spices				Aloe Vera/Amino Acids/Vitamins			
Essential Oils				Aloe Vera:			
Aniseed				Over 70 nutrients - 1/4 litre			
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
Fennel							
Frankincense							
Hyssop							
Juniper							
Lavender							
Lemon Grass							
Mountain Savoury							
Niaouli							
Rose Geranium							
Rosemary							
TeaGestas							
Thyme Red							
Ylang Ylang							
Herbs/Spices							
Essential Oils							
Aniseed							
Bergamot							
Chamomile German							
Chamomile Maroc							
Chamomile Roman							
Cinnamon Leaf							
Clove Buds							
Eucalyptus Globulus							
F							

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula M		- 2 capsules 3 times daily over 20 days • + Formula Z - CRM - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)	
*Anaemia Glandular Fever Lymph		*MS *Muscular Dystrophy *Thyroid Gland (over and under active)	
Essential Oils		Herbs/Spices	Base Ingredients
Bergamot	1ml	Herb: Guo Ye 5:1 Bai Ji Lan - 2gm	Honey Product - 7gm Royal Jelly - 2.1 - 7gm
Camphor	1ml	Ba Ji Lan - 2gm	Bee Propolis - 4.1 - 5gm
Chamomile German	1ml	Chen Xiang - 2gm	
Chamomile Maroc	1ml	Da Huang - 2gm	
Chamomile Roman	1ml	Er Cha - 2gm	
Cinnamon Leaf	1ml	Grasseseed - 1.6mcg	
Clove Bud	1ml	Huang Lian - 2gm	
Eucalyptus Globulus	1ml	Mao Zhao Cao (Cats Claw) - 2gm	
Fennel	1ml	Niu Bang Zi - 2gm	
Frankincense	1ml	Pyrogenol - 1.6mcg	
Ginger	1ml	Su Shi Hu (White Willow) - 10gm	
Hysop	1ml	Su Mu - 2gm	
Juniper	1ml	Wu Jia Pi - 2gm	
Lemon Grass	1ml	Zhi Zi - 2gm	
Melissa	1ml		
Mountain Savoury	1ml		
Niaouli	1ml		
Peppermint	1ml		
Rosa Geranium	1ml		
Rosemary	1ml		
Togastas	1ml		
Tee Tree	1ml		
Thyme Red	1ml		
Yang Yang	1ml		
		Flavouring	
		Aloe Vera/Amino Acid/Vitamins	Honey - 20ml
		Aloe Vera:	Indian Brandee - 20ml
		Over 70 nutrients - 1/4 litre	Vanilla - 50gm
		Emulsifiers/Minerals	
		Enzymas:	Amino Acid: L-Treonine - 15gm
		Vegetable Enzymas - 15gm	Superoxide Dismutase (S.O.D.) - 15gm
		Minerals:	
		Calcium Amino Acid Chelate 20% -	VIT C - 15gm
		10gm	VIT E D - Alpha Tocopherol - 10gm
		Copper Amino Acid Chelate 20% -	
		15gm	
		Garlic - 5gm	
		Insulin 25gm	
		Iron Gluconate 12.5% - 10gm	
		Mineral Clay Powders - 15gm	
		Zinc Amino Acid Chelate 20% -	
		5gm	
		Spices:	
		Asafoetida - 10gm	
		Chilli Powder - 10gm	
		Chamomile Sugar - 10gm	
		Clawroot 10gm	
		Coconut Cream Block - 10gm	
		Coriander - 10gm	
		Fenugreek - 10gm	
		Garlic - 10gm	
		Horehound Ribbed - 10gm	
		Juniper Berries - 10gm	
		Maca Ground - 10gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

BENEFITS OF NUTRITIONAL AND BODY CLEANING DRINK SUPPLEMENT

- 10ml daily preferably at bedtime - 90 days supply

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Q		- 2 capsules 3 times daily over 20 days	
Partial & Total Deafness		Herbs/Spices	Base Ingredients
Essential Oils	Herbs/Spices	Honey Product	Flavouring
Basil	1/4ml	Bai Guo Ye (Ginkgo) - 24gm	Aloe Vera/Amino Acid/Vitamins
Bergamot	1/4ml	Da Huang - 24gm	Honey - 20ml
Carrot	1/4ml	Er Cha - 24gm	Indian Brandee - 20ml
Chamomile German	1/4ml	Gou Teng - 24gm	Vanilla - 50gm
Chamomile Marco	1/4ml	Mu Li - 24gm	
Chamomile Roman	1/4ml	Sang Ye - 24gm	
Cinnamon Leaf	1/4ml	Wu Mu - 24gm	
Clove Bud	1/4ml	Wu Jia Pi - 24gm	
Eucalyptus Globulus	1/4ml	Ye Ju Hua - 24gm	
Fennel	1/4ml		
Frankincense	1/4ml		
Hysop	1/4ml		
Juniper	1/4ml	Athie Star - 10gm	
Lemon Grass	1/4ml	Astoldida - 10gm	
Melissa	1/4ml	Cassia - 10gm	
Mountain Savoury	1/4ml	Chilli Powder - 10gm	
Niaouli	1/4ml	Coconut Cream Block - 10gm	
Rose Geranium	1/4ml	Coriander - 10gm	
Rosemary	1/4ml	Fennel - 10gm	
Tagatess	1/4ml	Fenugreek - 10gm	
Thyme Red	1/4ml	Horseradish Ribbed - 10gm	
Ylang Ylang	1/4ml	Lacis - 10gm	
		Maca Ground - 10gm	
		Turneric - 10gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula P		Prostrate Gland		Flavouring	
Impotence	Libido	Essential Oils	Herbs/Spices	Base Ingredients	Aloe Vera/Amino Acids/Vitamins
Basil		1/ml	Herbs: S1	Rosey Jelly - 3.1 - 7gm	Aloe Vera:
bergamot		1/ml	Bei Huang - 2gm	Bee Propolis - 4.1 - 5gm	Over 70 nutrients - 1 litre
Chamomile German		1/ml	Dang Gui (Dong Quai) - 2gm		
Chamomile Roman		1/ml	Er Cha - 2gm		
Cinnamon Roman		1/ml	Garriased - 15mcg	Amino Acids:	
Cinnamon Leaf		1/ml	Huang Ci - 2gm	L- Threonine - 15gm	
Clove Bud		1/ml	Jieng Can - 2gm	Superoxide Dismutase (S. O. D.) - 15gm	
Eucalyptus Globulus		1/ml	Lian Zi (Red) - 2gm		
Fatigue		1/ml	Liu Jiao Shuang - 2gm	Vitamin B:	
Fennel		1/ml	Ma Ya - 2gm	Calcium Amino Acid Chelate 20% -	
Fennel		1/ml	Ma Bai Pi - 2gm	10gm	VIT C - 15gm
Frangipani		1/ml	Piengkeng - 10mcg	Copper Amino Acid Chelate 20% -	VIT E & Alpha Tocopherol - 10gm
Frangipani		1/ml	Shu Chi Huang - 2gm	15gm	
Juniper		1/ml	Shu Hu - 2gm	Gallat - 5gm	
Lavender		1/ml	Wu Jia Pi - 2gm	Inositol 25gm	
Lemon Grass		1/ml	Yohimbe (Prescription only) - 2gm	Iron Gluconate 12.5% - 1.0gm	
Niaouli		1/ml		Mineral Clay Powders - 1-5gm	
Rose Geranium		1/ml		5gm	
Rosemary		1/ml	Allspice - 10gm		
Tagetes		1/ml	Araloidia - 10gm		
Thyme Red		1/ml	Celery Salt - 10gm		
Ylang Ylang		1/ml	Chilli Powder - 10gm		
				Coconut Cream Block - 10gm	
				Dill Seeds - 10gm	
				Fenugreek - 10gm	
				Garlic - 10gm	
				Horseshoek Ribbed - 10gm	
				Mince Ground - 10gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Q - 2 capsules 3 times daily over 20 days

Abrasions, Bruises, Burns, Cuts

Bunions

Burns

Essential Oils	Herbs/Spices	Base Ingredients		Flavouring
		Honey Products	Aloe Vera/Amino Acids/Vitamin	
Aniseed	Herbs: 5:1 1/ml Da Huang - 2gm 1/ml E. Cha - 2gm 1/ml Jin Yin Hua - 2gm 1/ml Saiti Alba (White Willow) - 10gm	Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml Indian Brandies - 20ml Vanilla - 50gm	
Bergamot			Over 70 nutrients - 1/4 litre	
Camphor				
Chamomile German				
Chamomile Maroc				
Chamomile Roman				
Cinnamon Leaf				
Cinnamon Stick				
Clove & Bud				
Eucalyptus Globulus				
Fennel				
Frankincense				
Ginger				
Hyssop				
Juniper				
Lemon Grass				
Mountain Savoury				
Niaouli				
Rose Geranium				
Rosemary				
Tagetes				
Thyme Red				
Ylang Ylang				

PRODUCT FORM III-A BY ALIMENT & ILLNESS

PRODUCT FORMULA BY AILMENT & ILLNESS

SPORTS PERFORMANCE & INJURIES
- 2 capsules 3 times daily over 20 days
**** + Formula 2 - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)**

****Energy Booster**
Immune Balancing System

Product Formula S1

Essential Oil	Herbs and Spices	Base Ingredients	Flavouring	Practitioners
Aniseed	Herbs: 5:1 1/gml Basil 1/gml Bergamot 1/gml Chamomile German 1/gml Chamomile Maroc 1/gml Chamomile Roman 1/gml Cinnamon Leaf 1/gml Clove Bluds 1/gml Eucalyptus Globulus 1/gml Fatigue 1/gml Fennel 1/gml Frankincense 1/gml Hysop 1/gml Juniper 1/gml Lemon Grass 1/gml Mountain Savoury 1/gml Niaouli 1/gml Rose Geranium 1/gml Rosemary 1/gml Tagesetes 1/gml Thyme Red 1/gml Yang Yang	Herbal Products Bai Guo Ye (Ginkgo) - 2gm Chi Shao Yao - 2gm Da Huang - 2gm Dang Gui(jiong Quai) - 2gm Er Cha - 2gm Fu Pei Zi - 2gm Gou Teng - 2gm Ma Zhao Cao (Cat's Claw) - 2gm Mu Li - 2gm Su Nu - 2gm Wu Jia Pi - 2gm Spices: 1/gml Aastodilia - 10gm 1/gml Cassia - 10gm 1/gml Chilli Powder - 10gm 1/gml Coconut Cream Block - 10gm 1/gml Coriander - 10gm 1/gml Dill Seeds - 10gm 1/gml Fennegreek - 10gm 1/gml Horseradish Ribbed - 10gm 1/gml Juniper Berries - 10gm 1/gml Lemon Grass - 10gm 1/gml Maca Ground - 10gm 1/gml Mixed Spices - 10gm	Honey - 20ml Indian Bandee - 20ml Vanilla - 50gm Over 70 nutrients - ½ litre	Chinese Acupuncture - 2 sessions Chiropractic - 2 sessions Alexander Technique
		Amino Acids: Euryxines: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Munira Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	L- Threonine - 15gm Superoxide Dismutase (S O D) - 15gm Vitamin: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

EXTERNAL PHYSIO APPLICATION - SPORTS PERFORMANCE & INJURIES

Product Formula S2		EXTERNAL PHYSIO APPLICATION - SPORTS PERFORMANCE & INJURIES			
Pre Performance Lotion		(per 10 applications)			
		Herbs/Spices	Honey Products	Massage Oil	
Aloe Vera Heat Lotion - 20gml	Essential Oils Aniseed Basil Chamomile Marco Fennel	Herbs: 8:1 1/6ml Chi Shao Yao - 2gm Clang Hua - 2gm 1/6ml	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES

Product Formula S3		EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES			
Maintenance Recovery Massage		(per 10 applications)			
		Herbs/Spices	Honey Products	Massage Oil	
Aloe Vera Activator - 10ml Heat Lotion - 20gml	Essential Oils Aniseed Basil Camphor Chamomile Marco Eucalyptus Globulus Juniper	Herbs: 8:1 1/6ml Chi Shao Yao - 2gm Dang Gui (Dong Quai) - 2gm Sakai Aiba (White Willow) - 10gm 1/6ml Clang Hua - 2gm 1/6ml	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

Product Formula S3		EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES			
Maintenance Recovery Massage		(per 10 applications)			
		Herbs/Spices	Honey Products	Massage Oil	
Aloe Vera Activator - 10ml Heat Lotion - 20gml	Essential Oils Aniseed Basil Camphor Chamomile Marco Eucalyptus Globulus Juniper	Herbs: 8:1 1/6ml Chi Shao Yao - 2gm Dang Gui (Dong Quai) - 2gm Sakai Aiba (White Willow) - 10gm 1/6ml Clang Hua - 2gm 1/6ml	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula S4		EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES			
Direct Internal & Surface Injury (per 10 applications)					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gml	Aniseed Basil Camphor Eucalyptus Globulus Fennel	Herbs: 5:1 1:ml 1:ml 1:ml 1:ml Spices: Ginger - 10gm Hatemelish - 10gm	Bee Propolis - 4:1 - 5gm Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salik Alba (White Willow) - 10gm Su Zi (Zi Su Zi) - 2gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions Osteopathy - 2 sessions

Product Formula S5		EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES			
Cramp Fatigue Lotion (per 10 applications)					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gml	Camphor Rescue Remedy	Herbs: 5:1 1:ml Hui Po - 2gm Huang Lian - 2gm Salik Alba (White Willow) - 10gm 1:1 Chang Huo - 2gm Spices: Chilli - 10gm Lemon Grass - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

PRODUCT FORMULA BY AILMENT & ILLNESS

EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES

Product Formula S8		EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES					
Fatigue Fractures		(per 10 applications)					
		Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Massage Oil	Practitioners
Aloe Vera		Aniseed 1/4ml Basil 1/4ml Camphor 1/4ml Eucalyptus Globulus 1/4ml Ginger 1/4ml	Herbs: 1:1 Dang Gui (Dong Quai) - 2gpm Qiang Huo - 2gpm Salix Alba (White Willow) - 10gpm 1:1 Spices: Alpice - 10gpm Dill Seeds - 10gpm	Bee Propolis - 4:1 - 5gpm	B6 - 20gpm	Avocado - 10ml Grapeseed - 40ml Hempseed - 10ml	Aromatherapy/ Reflexology Application - 2 sessions

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula I	After crisis - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) - Followed by Formula F - Clariesa Balancing System - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)		
**Abuse (short term)			
**Trauma/Shock (short term)			

Flower Remedies	Essential Oils	Herbal/Indian Spices	Base Ingredients
Rescue Remedy - 1ml	Dill 1ml	Herbs: 8:1 Bu Gu Zhi - 2gm Chen Xiang - 2gm Guo Teng - 2gm Wu Bei Zi - 2gm Spices: Garlic - 10gm Laces - 10gm	Aloe Vera Pure - 20ml Honey - 20ml

PRODUCT FORMULA BY AILMENT & ILLNESS

- 2 capsules 3 times daily over 20 days

Product Formula U

Schizophrenia

Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Basil	Herbs: 5:1 1/ml Da Huang - 2gm 1/ml Er Cha - 2gm 1/ml Hu Huang Lian - 2gm 1/ml Huo Ma Ren - 2gm 1/ml Su Nu - 2gm 1/ml Wu Jia Pi - 2gm 1/ml Ye Ju Hua - 2gm	Honey/ Products: Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Aloe Vera; Aloe Vera; Over 70 nutrients - 1/4 litre
Bergamot		Essential Oils/Minerals:	Amino Acids: L-Threonine - 15gm
Chamomile German		Enzymes:	Superoxide Dismutase (S.O.D.) - 15gm
Chamomile Marco		Vegetable Enzymes - 15gm	
Chamomile Roman			
Cinnamon Leaf			
Clove Bud			
Eucalyptus Globulus			
Fennel	Spices 1/ml Anise - 10gm 1/ml Asafoetida - 10gm 1/ml Ginger - 10gm 1/ml Juniper - 10gm 1/ml Lavender - 10gm 1/ml Lemon Grass - 10gm 1/ml Mountain Savoury - 10gm 1/ml Nasuui - 10gm 1/ml Rose Geranium - 10gm 1/ml Rosemary - 10gm 1/ml Tagetes - 10gm 1/ml Thyme Red - 10gm 1/ml Ylang Ylang - 10gm	Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 10gm VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	
Frankincense			
Ginger			
Hysop			
Juniper			
Lavender			
Lemon Grass			
Mountain Savoury			
Nasuui			
Rose Geranium			
Rosemary			
Tagetes			
Thyme Red			
Ylang Ylang			

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula V

- 2 capsules 3 times daily over 20 days
 - Followed by Formula F - Clarissa Balancing System

- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

**Abuse (long term)
 **Bereavement/Loss

**Trauma/shock (long term)

Essential Oils	Herbal/Spices	Base ingredients	Flavouring
Bergamot	Herbs: 5:1 Chi Shao Yao - 2gm De Huang - 2gm Eri Cha - 2gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml
Chamomile German	1gmL		Indian Bandee - 20ml
Chamomile Manic	1gmL		Vanilla - 50gm
Chamomile Roman	1gmL		
Cinnamon Leaf	1gmL		
Clove Buds	1gmL		
Eucalyptus Globulus	1gmL		
Fennel	1gmL		
Frankincense	1gmL		
Hopsop	1gmL		
Juniper	1gmL		
Lemon Grass	1gmL		
Mountain Savoury	1gmL		
Niaouli	1gmL		
Patchouli	1gmL		
Rose Geranium	1gmL		
Rosemary	1gmL		
Thyme Red	1gmL		
Ylang Ylang	1gmL		
		Aloe Vera/Amino Acids/Vitamin	
		Aloe Vera: Over 70 nutrients - ½ litre	
		Amino Acids: L-Theanine - 15gm	
		Superoxide Dismutase (S.O.D.) - 15gm	
		Minerals: Calcium Amino Acid Chelate 20% - 10gm	
		VIT C - 15gm	
		Copper Amino Acid Chelate 20% - 15gm	
		Alpha Tocopherol - 10gm	
		Garlic - 5gm	
		Inositol 25gm	
		Iron Gluconate 12.5% - 10gm	
		Mineral Clay Powder - 15gm	
		Zinc Amino Acid Chelate 20% - 5gm	

PRODUCT FORMULA BY AILMENT & ILLNESS

WEIGHT MANAGEMENT					
Product Formula W1		- 2 capsules daily at bedtime over 20 days			
Clarissa Weight Care System			Base Ingredients		Flavouring
Bergamot:	1/4ml	Herbs: 6:1 Guo Teng - 2gm Ji Xue Teng - 2gm Spices: Carch - 10gm Dill Seeds - 10gm Juniper Berries - 10gm Mixed Spices Sweet - 10gm	Honey Product Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals: Vegetable Enzymes - 15gm	Aloe Vera/Amino Acids/ Vitamins Aloe Vera: Over 70 nutrients - 14 litre	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula W2

Clarissa Meal Replacement Diet Juice - 60ml per Meal Replacement over 20 days

WEIGHT MANAGEMENT					
Product Formula W2		Clarissa Meal Replacement Diet Juice - 60ml per Meal Replacement over 20 days			
Essential Oils		Herbs/Spices		Base Ingredients	
Bergamot	1/8ml	Herbs: 5:1 Cao Ben - 2gm Sang Ye - 2gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml Indian Brande - 20ml Vanilla - 50gm	Flavouring
		Spices: Cilantro Seeds - 10gm Fennel - 10gm Mixed Spices Sweet - 10gm Mushroom - 10gm	Extreme Minerals Enzymes: Vegetable Enzymes - 15gm Soya Isolate - 20gm Soya Protein Isolate - 50gm Whey Protein - 20gm	Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 1/4 litre	
			Amino Acids: L-Tryptophane - 15gm Superoxide Dismutase (S.O.D.) - 15gm		
			Vitamins: VIT C - 15gm VIT E - 15gm VIT D - Alpha Tocopherol - 10gm		
			Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Iron 25gm Garlic - 5gm Ionized 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powder - 15gm Zinc Amino Acid Chelate 20% - 5gm		

PRODUCT FORMULA BY ALIMENT & ILLNESS

Product Formula W3

WEIGHT MANAGEMENT

Clarissa Chinese Slimming and Detoxifying Tea - 1 cup 3 times daily

Stale Breath

Clarissa Chinese Slimming and Detoxifying Tea - 1 cup 3 times daily				
Stale Breath				
Essential Oils	Y/4ml	Herbs/Spices	Flavouring	Other
Bergamot		Bai Guo Ye (Ginkgo) - 2gm Bai Xia - 4gm Chen Tu - 2gm Chi Shao Yao - 2gm Garcinia Cambogia - 10gm Gou Teng - 2gm Horsetail - 5gm (1:1) Lian Zi (Red) - 2gm Mai Lae - 5gm (1:1) Mao Zhao Cao (Cats Claw) 5gm (1:1) Milk Thistle Seed - 5gm (1:1) Ou Jie - 2gm Spindly - 5gm (1:1) Wang Bu Liu Xing Guo - 2gm Wu Jie Pi - 2gm	Lemon - 20gm	Citron - 5gm
		Spices:		
		Alspice - 10gm Cardamom - 10gm Cassia - 10gm Dill Seeds - 10gm Celery Salt - 10gm Garlic - 10gm Lemon Grass - 10gm Mixed Spices Sweet - 10gm Tamarind Block - 10gm		

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula W4

WEIGHT MANAGEMENT

Anti-Cellulite Formula - 2 capsules 3 times daily over 20 days

Essential Oils		Herbs/Spices	Base Ingredients	Flavouring
Aniseed	1ml	Herbs: 5:1 Dong Gui - 2gm (Dong Quai) Guo Teng - 2gm Qiang Huo - 2gm	Herbal Product: Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml
Chamomile Maroc	1ml		Enzymes/Minerals: Enzymes: Over 70 nutrients - ½ litre	Indian Brandee - 20ml
Grapeseed	1ml			Vanilla - 50gm
Juniper	1ml			
		Spices: Aspice - 10gm Cinnamon - 10gm Fenugreek - 10gm Garlic - 10gm	Enzymes: Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	Aloe Vera/Amino Acids/Vitamins: Aloe Vera: Over 70 nutrients - ½ litre
				L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm

Product Formula X1

Bodycare Lotion

Essential Oils		Herbs/Spices	Herbal Product	Vitamin/Amino Acids	Base Formulation
Aloe Vera	Benzoin Creme 1ml Chamomile Maroc Syrup Dill Nectar Nutritional Drink 10ml daily	Herbs: 5:1 Chuan Lian Zi - 2gm Da Zao - 2gm spices: Aspice - 10gm Cayenne Pepper - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Eugly K100 - 10mg Inositol - 10mg L-Phenylalanine - 10mg	Avocado Oil 15% Cellulose 15% Colloidal Sulfur 5% Emulsifying Ointment 30% P-Chloro M. Cresol 15% Purified Water 65% Phenoxyethanol 1% Sodium Laurate 5% Wheatgerm Oil 15% Witch Hazel Extract 15%
	Essential Oils Benzoin Creme 1ml Chamomile Maroc Syrup Dill Nectar Nutritional Drink 10ml daily				

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula X2

SKIN CARE

Facecare Lotion

Product Formula X2		SKIN CARE				
		Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Aloe Vera		Bergamot Fennel Frankincense Hyssop Juniper Lavender Lemon Niaouli Patchouli Pine Rosemary	Herbs: 5:1 1/4ml Chuan Lian Zi - 2gm Suan Zao Ren - 2gm Spices: 1/4ml Aniseed - 10gm Cumin - 10gm 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Eucy K100 - 10gm Imidac - 10gm L-Phenylalaine - 10gm	Emulsifying Ointment 30% Grapeseed Oil 15% Purified Water 65% Phenoxyethanol 1% Vegetable Oil 15% Whitgerm Oil 15%
Bee Propolis Creme	1ml					
Nectar Nutritonal Drink	10ml daily					

Product Formula X3

SKIN CARE

Haircare Lotion & Restoration

Product Formula X3		SKIN CARE				
		Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Aloe Vera		Benzoin	Herbs: 6:1 1/4ml Bo He - 2gm Da Zao - 2gm		VIT E - 30gm L-Phenylalaine - 10gm	Dihydrocl 10% Emulsifying Ointment 30% Jojoba Oil 30% Purified Water 65% Phenoxyethanol 1%
Bee Propolis Creme	1ml	Bergamot Chamomile Maroc Eucalyptus Globulus Jojube Lavender Rose Geranium Rosemary	 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml			
Nectar Nutritonal Drink	10ml daily					

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula X4

Nutriocare Protection Lotion

SKIN CARE					
Product Formula X4		Herbs/Spices		Honey Products	
Nutriocare Protection Lotion		Essential Oils		Vitamins/alpha/Mino Acids	
Aloe Vera					
Bee Propolis Creme	1ml	Bergamot Cedarwood Chamomile Maroc Cypress	1/4ml 1/4ml 1/4ml 1/4ml	Herbs: 5:1 Chuan Ian Zi - 2gm Hua Jiao - 2gm	Bee Propolis - 4:1 - 5gm
Nectar Nutritional Drink	10ml daily	Fennel Frankincense Juniper Lavender Lemon Mountain Savoury Neroli Rose Geranium Sandalwood	1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml	Spices: Celery Salt - 10gm	VIT E - 30gm Eoxy K100 - 10gm Inositol - 10gm L-Phenylaline - 10gm
					Avocado Oil 15%
					Carrot Oil 15%
					Cellulose 15%
					Colloidal Sulphur 5%
					Emolliifying Ointment 30%
					Grapeseed Oil 15%
					P.Chloro M.Cresol 15%
					Purified Water 65%
					Phenoxyethanol 1%
					Sodium Laureth 5%
					Triethanolamine 10%
					Wheatgerm Oil 15%

PRODUCT FORMULA BY AILMENT & ILLNESS

SKIN CARE					
Product Formula X5			Base Formulation		
Suncare Lotion - Pre sunbathing		X5 (I)	Honey Products		Vitamin/Ink/Amino Acids
After sun		X5 (II)	Bee Propolis - 4:1 - 5gm	VIT E - 30gm	
Aloe Vera	Essential Oils			Eoxy K100 - 10gm L-Phenylalanine - 10gm	
X5 (I)	Bergamot Chamomile Maroc Bee Propolis Creme 1ml	1/ml 1/ml	Herbs: 5:1 Cang Er Zi - 2gm Qiang Huo - 2gm Spices: Chilli - 10gm Garlic - 10gm	Bee Propolis - 4:1 - 5gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%
X5 (II)	Bergamot Cilantro Bee Propolis Creme 1ml	1/ml 1/ml 1/ml	Herbs: 5:1 Cang Er Zi - 2gm Hua Jiao - 2gm Qiang Huo - 2gm Spices: Cinnamon - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Y1

Immune System

PET, VETERINARY & EQUINE CARE

Nutritional Supplement - Daily dose of 5ml in food

PRODUCT FORMULA BY AILMENT & ILLNESS

PET VETERINARY & EQUINE CARE

- capsules daily in food over 20 days

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Y3 PET, VETERINARY & EQUINE CARE

Depression

- 6 capsules daily days in food over 20 days

Essential Oils	Herbs/Spices	Base ingredients	Flavouring
Basil	Herbs: 5:1 1/ml Bai Guo Ye (Ginkgo) - 2gm 1/ml Da Huang - 2gm 1/ml Er Cha - 2gm 1/ml Shu Mu - 2gm 1/ml Wu Jia Pi - 2gm	Honey Product Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 5gm
Bergamot			
Camphor			
Chamomile German			
Chamomile Maroc			
Chamomile Roman			
Cinnamon Leaf			
Clove Buds			
Dill			
Eucalyptus Globulus			
Fennel	Asafoetida - 10gm 1/ml Chilli Powder - 10gm 1/ml Coconut Cream Block - 10gm 1/ml Coriander - 10gm	Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm VIT E D - Alpha Tocopherol - 10gm	VITAMIN:
Frankincense			
Hyssop			
Juniper			
Lavender			
Lemon Grass			
Mountain Savoury			
Niaouli			
Peppermint			
Rose Germanium			
Rosemary			
Tagetes			
Thyme Red			
Ylang Ylang			

PRODUCT FORMULA BY AILMENT & ILLNESS

PET, VETERINARY & EQUINE CARE
Viral Antidote - 6 capsules daily in food over 20 days

Product Formula V4	Herbs/Spices	Base Ingredients	Flavouring
<p>Essential Oils</p> <p>Basil 1/4ml</p> <p>Bergamot 1/4ml</p> <p>Camphor 1/4ml</p> <p>Chamomile German 1/4ml</p> <p>Chamomile Marca 1/4ml</p> <p>Chamomile Roman 1/4ml</p> <p>Cinnamon Leaf 1/4ml</p> <p>Clove Buds 1/4ml</p> <p>Eucalyptus Globulus 1/4ml</p> <p>Fennel 1/4ml</p> <p>Frankincense 1/4ml</p> <p>Ginger 1/4ml</p> <p>Hyssop 1/4ml</p> <p>Juniper 1/4ml</p> <p>Lemon Grass 1/4ml</p> <p>Mountain Dewberry 1/4ml</p> <p>Niaouli 1/4ml</p> <p>Peppermint 1/4ml</p> <p>Rose Geranium 1/4ml</p> <p>Rosemary 1/4ml</p> <p>Tagetes 1/4ml</p> <p>Thyme Red 1/4ml</p> <p>Ylang Ylang 1/4ml</p>	<p>Herbs: 8:1</p> <p>Bai Guo Ye (Ginkgo) - 2gm</p> <p>Da Huang - 4gm</p> <p>Er Cha - 2gm</p> <p>Mao Zhao Cao (Cats Claw) - 2gm</p> <p>1:1.1 Salix Alba (White Willow) - 10gm</p> <p>Shu Niu Jiao Si - 2gm</p> <p>Su Mu - 2gm</p> <p>Wu Jia Pi - 2gm</p> <p>Zhi Zi - 2gm</p> <p>Spices:</p> <p>Alispice - 10gm</p> <p>Astrofida - 10gm</p> <p>Celery Salt - 10gm</p> <p>Chili Powder - 10gm</p> <p>Coconut Cream Block - 10gm</p> <p>Coriander - 10gm</p> <p>Cream of Tartar - 10gm</p> <p>Fenugreek - 10gm</p> <p>Horseradish Ribbed - 10gm</p> <p>Nace Ground - 10gm</p> <p>Spices Sweet - 10gm</p>	<p>Herb Product</p> <p>Royal Jelly - 3:1 - 7gm</p> <p>Bees Propolis - 4:1 - 5gm</p> <p>Enzyme/Minerals</p> <p>Enzymes: Vegetable Enzymes - 15gm</p> <p>Minerals: Minerals: Calcium Amino Acid Chelate 20% - 10gm</p> <p>Copper Amino Acid Chelate 20% - 15gm</p> <p>VIT C - 15gm</p> <p>VIT D - Alpha Tocopherol - 10gm</p> <p>Garcic - 5gm</p> <p>Ionicica 25gm</p> <p>Iron Gluconate 12.5% - 10gm</p> <p>Mineral Clay Powder - 15gm</p> <p>Zinc Amino Acid Chelate 20% - 5gm</p>	<p>Honey - 20ml</p> <p>Indian Brandies - 20ml</p> <p>Vanilla - 50gm</p> <p>Aloe Vera: Over 70 nutrients - 1/4 litre</p> <p>Amino Acids:</p> <p>L-Glutamin - 15gm</p> <p>L-Threonine - 15gm</p> <p>Superoxide Diamutase (S.O.D.) - 15gm</p>

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CBA : 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

Meningitis Strokes & Heart Attacks		Herbs/Spices	Base Ingredients	Carrier Oils
Basil	1ml	Herb: 5:1 Chai Tu - 2gm Chen Xiang - 2gm Fu Pen Zi - 2gm Qiang Huo - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
Carrot	1ml			
Ginger	1ml			

2 hours apart. A common therapeutic regimen is 1000 mg/day in 2 divided doses (minimum 2 hours apart, maximum 7 days apart).

Irritable Bowel Organophosphate Disease (OP's)		Clarissa Recovery Remedy	
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Aniseed Basil Bergamot Carrot	Herbs: 5:1 1/6ml Basil - 2gm 1/6ml Chen Xiang - 2gm 1/6ml Chi Shao Yao - 2gm 1/6ml Ho Ho Mai Ren - 2gm 1/6ml Shu Di Huang - 2gm Spices: Anise Star - 10gm Cinnamon - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRCC2 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

Clarissa Recovery Remedy

Influenza

Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Basil Bergamot Bergamot, Globulus Liquorice	Herbs: 5:1 1/4ml Bo He - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Da Zao - 2gm Lian Zi - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula Z : CB-1 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

Classmate Recovery remedy

Herpes

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Essential Oils	Herbs/Spices	base (eg. coconut oil)
Basil Carrot Eucalyptus Globulus	1/4ml 1/4ml 1/4ml Herbs: 5:1 Bei Gou - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Dan Shan - 2gm Geo Bei - 2gm Shu Di Huang - 2gm	Aloe Vera Pure - 20ml Honey - 20ml Grapeseed - 40ml Avocado - 10ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRM

Product Formula Z - CRM	- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Anemia	Clarissa Recovery Remedy	Muscular Dystrophy	Thyroid Gland (over & under active)	Carrier Oils	
Motor Neurone Disease	M.E.	M.S.			
Essential Oils	Herbs/Spices	Herbs/Spices	Base Ingredients		
Basil Bergamot Eucalyptus Globulus Juniper	1/6ml 1/6ml 1/6ml 1/6ml	Herbs: 5:1 Bai Jiang Cao - 2gm Chen Xiang - 2gm Chi Shao Yao - 2gm Shu Di Huang - 2gm Ting Li Zi - 2gm Ye Tu Hu - 2gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	
					Spices: Anise Star - 10gm Ginger - 10gm

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRN

NUTRITIONAL BOOST

- 2 sessions Reflexology (minimum 2 hours apart maximum 7 days apart

Clarissa Recovery Remedy

Anorexia

Bulimia

Essential Oils	Herbs/Spices	Sports - Energy booster & stamina			Massage Oils
		Cancer	Candida	Hepatitis	
Black Pepper Chamomile Roman Eucalyptus Globulus Fatigue Juniper Peppermint Teagates	Herbs: 5:1 1/8ml Bai Guo Ya (Ginkgo) -2gm Bai J. Thun -2gm Chai Chai Zi -2gm Daang Shan -2gm Fu Pen Zi -2gm He Zi -2gm Xing Ren -2gm	Honey Product Honey - 20ml Royal Jelly - 2gm Bee Propolis - 3gm		Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 40ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula Z - CRR - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

Clarissa Recovery Remedy

Arthritis - Rheumatoid
Osteoporosis

Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Basil Bergamot Eucalyptus Globulus Juniper Niaouli	1/6ml 1/6ml 1/6ml 1/6ml 1/6ml Herbs: 8:1 Bai Jiang Cao - 2gm Chen Xiang - 2gm Chuan Lian Zi - 2gm Hu Ma Ban - 2gm Ou Jie - 4pm Shu Di Huang - 2gm Spices: Anise Star - 10pm Dill - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula Z - CRS3 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)

Clarissa Recovery Remedy

Maintenance Recovery Massage

Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Basil Bergamot Dill Eucalyptus Globulus	1/6ml 1/6ml 1/6ml 1/6ml Herbs: 8:1 Bai Tou Kou - 2gm Chen Xiang - 2gm Dan Shan - 2gm Ji Xu Feng - 4pm Shu Di Huang - 2gm Spices: Anise Star - 10pm Cinnamom - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula Z - CRZ		Recovery & Toning Bath Oil (20 applications)	
Essential Oils	Herbs/Spices	Herbs/Spices	Carrier Oils
Bergamot Lavender Rosemary	Herbs: 5:1 1/8ml Cang Er Zi - 1gm Chen Xiang - 1gm Da Huang - 1gm Shu Di Huang - 1gm Ting Li Zi - 1gm Spices: Anise Star - 1gm		Carrier Oils Grapeseed Oil - 40ml Avocado Oil - 40ml Water - 150ml

CLAIMS

1. A medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or at least one herb.
2. A medicinal or cosmetic composition according to Claim 1, wherein the composition comprises one or more essential oils selected from: bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagestes and ylang ylang.
3. A medicinal or cosmetic composition according to Claims 1 or 2, wherein the composition comprises one or more Chinese herbs selected from: *Acacia Catechu*, *Acanthopanax Gracilistylus*, *Caesalpinia Sappan* and *Epimedium Spinosa*.
4. A medicinal or cosmetic composition according to any preceding claim wherein the composition comprises one or more spices selected from: *asapoetidia*, *coconut*, *coriander*, *fenugreek* and *horseradish*.

5. A medicinal or cosmetic composition according to any preceding claim comprising

(a) the following essential oils:

bergamot, chamomile german, chamomile maroc,
chamomile roman, cinnamon zeylanicum, clove
buds, eucalyptus globulus, frankincense,
fennel, hyssop, juniper, lemon grass, mountain
savoury, niaouli, red thyme, rosemary, rose
geranium, tagestes and ylang ylang.

(b) the following Chinese herbs:

Acacia Catechu, Acanthopanax Gracilistylus,
Caesalpinia Sappan and Epimedium Spinosa.

(c) the following spices:

asapoetidia, coconut, coriander, fenugreek and
horseradish.

6. A medicinal or cosmetic composition according to any preceding claim additionally comprising an Aloe vera extract.

7. A medicinal or cosmetic composition according to any preceding claim in combination with a honey product.
8. A medicinal or cosmetic composition according to any preceding claim in combination with one or more vitamins, minerals, amino acids, enzymes, flavourings and/or Bach flower remedies.
9. A tablet or capsule for oral administration comprising a medicinal or cosmetic composition according to any preceding claims.
10. A composition for topical application comprising a medicinal or cosmetic composition according to any one of Claims 1-8.
11. The use of a medicinal composition according to any one of Claims 1-8 for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.
12. The use of a cosmetic formulation according to any one of Claims 1-8 for skin care and/or weight management.